

ABSTRACT

There is provided an optical recording method for directing a recording pulse train to an optical disc medium to form marks thereon and for recording information as information about the edge positions of said marks and the spaces between marks, the recording pulse train having been created by modulating laser light into plural power levels. The method includes: coding to-be-recorded data into coded data consisting of the combination of marks and spaces; classifying said marks within said coded data on the basis of the mark length and the preceding or succeeding space lengths of the marks; shifting the position of the second pulse edge counted from the end portion of the recording pulse train for forming said marks, depending on the result of said classification, to adjust said recording pulse train; and directing said recording pulse train to the optical disc medium to form said marks thereon.